

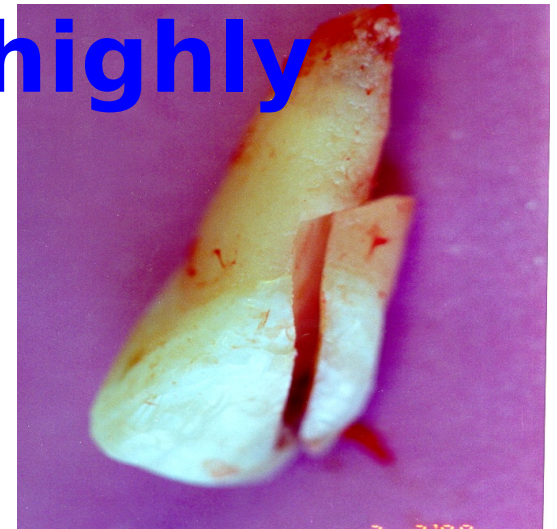


Mouth Protection Program



Why Mouthguards?

- ❖ Athletes have 10% chance of having an injury to the face or mouth during any sports season.
- ❖ Military population is **highly athletic**.





Training Injuries

❖ **Confidence Course**



❖ **M16 / Bayonet Range**

❖ **Individual Movement Techniques**





Training Injuries

- ❖ **Combatives**
- ❖ **Pugil Stick Training**



- ❖ **Parachuting**





PT Injuries

- ❖ **Any activity that involves:**
 - ❖ **Head-to-head contact**
 - ❖ **Blows to the mouth**
 - ❖ **Tooth clenching**
 - ❖ **Falls**





Sports With Mandatory Mouthguard Rules

❖ **Amateur**

- ❖ **boxing**
- ❖ **football**
- ❖ **ice hockey**
- ❖ **men's lacrosse**
- ❖ **women's field hockey**

❖ **Professional**

- ❖ **boxing**

(Ranalli and Lancaster, *J Public Health Dent* 53: 96-100, 199



American Dental Association Endorsed Mouthguard Uses:

- ✓ **baseball**
- ✓ **basketball**
- ✓ **boxing**
- ✓ **cycling**
- ✓ discus
- ✓ equestrian sports
- ✓ field hockey
- ✓ **football**
- ✓ gymnastics
- ✓ ice hockey
- ✓ lacrosse
- ✓ **soccer**
- ✓ motorcross
- ✓ **martial arts**
- ✓ **parachutin**
g
- ✓ rugby
- ✓ skate boarding
- ✓ skiing
- ✓ **racquetball**
- ✓ squash
- ✓ handball
- ✓ volleyball
- ✓ **wrestling**
- ✓ **weight lifting**

(ADA. JADA, 135: 1061, 2004)





Mouthguard Program

Objective:

- ❖ Promote awareness and use of mouthguards
 - ❖ Educate
 - ❖ Fabricate
 - ❖ Motivate



Educate

Facts:

- ❖ Mouthguards are safety equipment, not just a “dental thing”
- ❖ Safety equipment can be unit issue (NSN 6520-01-486-5546)
- ❖ Commanders and NCOs can require that Soldiers wear mouth protection during high-risk activities.



Educate

Financial Impact

(from Fort Leonard Wood Mouthguard Program)

Program cost (\$.65 per individual) \$
16,050

Value of dental treatment avoided \$
25,000

Return on investment \$
8,950

Bottom Line: Prevention saves money

10



Fabricate

Preparation set up





Heat mouthguards





Insert warm mouthguard





Shape the mouthguard





Inspect and bag





Motivate

Mouthguard Check





Mouthguard Check

Check Regularly for:

- ❖ **Distortions**
- ❖ **Bite-throughs**
- ❖ **Tears**

If present, replace.



Recommendations

Require wear during training events:

- ❖ Pugil Stick
- ❖ M16/Bayonet
- ❖ Confidence Course
- ❖ Combatives
- ❖ Parachute Operations



Recommendations

Wear during Sports events:

- ❖ Football
- ❖ Basketball
- ❖ Soccer
- ❖ Softball



MOUTH GUARDS



USE 'EM



OR LOSE 'EM





References

- ❖ Presentation compiled using information and materials provided by the American Dental Association, Ft. Leonard Wood Dental Activity, USADENCOM and USACHPPM
- ❖ Any errors or omissions are the responsibility of the author, LTC delaCruz